



live well, work well

July 2011

Brought to you by: Holmes Murphy & Associates

Summer Safety Tips

Summer is in full swing, which means plenty of time enjoying the outdoors. However, don't forget to protect yourself and your family against summer risks.

Sun Safety

Time in the sun brings many risks, particularly skin and eye damage from the sun's rays. Remember these tips:

- Always wear sunscreen with at least 15 SPF and reapply often (read the label for specifics). Use SPF 30 or higher for children.
- Protect skin when the sun is strongest (10 am to 4 pm) – stay in the shade if possible or under an umbrella or large-brimmed hat.
- Always wear sunglasses with 100 percent UV protection when outdoors to protect your eyes.
- Check your medications – some increase sun sensitivity so you may need to take extra precautions.

Heat Protection

High summer temperatures can cause illnesses such as heat exhaustion or even heat stroke. This risk is even greater if engaging in physical activity or working in hot weather. Make sure to:

- Drink plenty of fluids, but not caffeine or alcohol. Don't wait until

- you are thirsty to drink.
- Wear lightweight, loose-fitting clothing.
- Try to schedule vigorous activities for early morning or evening hours.
- If you are being active in the heat, take time to rest in the shade or indoors, and pay attention to your body. Don't overdo it!
- Never leave children in a parked car, even with the windows open.

Water Safety

Summer is the perfect time for days at the pool, at the beach or out on the lake – just remember to keep the kids safe! Always closely supervise children playing in or near the water. Kids who cannot swim should wear approved life vests, even when in boats or near water. If you have a backyard pool, keep it fenced in and locked so your or other children do not accidentally fall in.



Caring for a Parent?

If you are helping care for and support your elderly parent, you understand the time and cost burden it can be. But did you know there are government programs that your parent may be eligible for that can provide help with home health care, tax breaks, lower energy bills and more?

Check out these websites to find out if your parent is eligible and for additional resources to help you obtain the best care for your parent or older relative:

www.benefitscheckup.org
www.benefits.gov

DID YOU KNOW?

Millions of older Americans are eligible for various government benefits but are not receiving them. There are hundreds of programs offering benefits such as energy assistance, tax breaks, income supplements, prescription savings, home health care and more.





MyPlate Replaces Traditional Food Pyramid



The U.S. Department of Agriculture (USDA) recently released MyPlate, a new icon representing healthy eating – found at www.choosemyplate.gov. It replaces the food pyramid.

This new plate does not prescribe a number of servings for each food group, but instead depicts recommendations of a healthy

food balance. Fruits and vegetables take up half the plate; grains and proteins share the other half (grains occupy a larger space than proteins). A small circle of dairy is next to the plate.

In conjunction with MyPlate, the USDA announced general healthy eating guidelines:

- **Balance your calories.** Enjoy your food, but eat less. Avoid oversized portions.
- **Increase healthy foods.** Make half your plate fruits and vegetables. Make at least half of your grains whole grains. Switch to fat-free or low-fat (1 percent) milk.
- **Reduce less healthy options.** Compare sodium in foods like soup, bread and frozen meals – and choose the foods with lower numbers. Drink water instead of sugary drinks.

Are You At Risk for Measles?

Though the disease has been largely eradicated worldwide, 2011 has seen a global outbreak of measles. In Europe, over 10,000 cases in 33 countries have been confirmed. Over 100 cases in 23 states have been reported in the United States.

About this outbreak

The best protection against measles is vaccination, so people who are unvaccinated are at risk – 90 percent of people who are not vaccinated and exposed to measles get sick. In addition, measles is quite contagious and easily spread through the air.

There has been a recent resurgence of this disease as more people choose not to vaccinate their children. Most of the recent cases in the United States have been due to people traveling to countries with outbreaks and bringing the virus home. Measles can be serious, as up to 20 percent of infected people develop complications, which may be severe or even life-threatening.

What can you do?

If you or your children have not been vaccinated, get the vaccine now. Kids can get the first dose as early as one year old (two total doses are needed). If you are planning to travel to another country and are not vaccinated, talk to your doctor about timing your vaccination with your trip.

If you think you or a family member has been exposed to measles, call your doctor. Symptoms often start with a fever, persistent cough, runny nose, inflamed eyes and sore throat. As the illness gets worse, a rash develops first on the face and then all over the body, accompanied by a very high fever.

Artichokes with Garlic Dip

Here's a great way to get started incorporating more vegetables into your diet. Serve this quick and tasty artichoke and dip combination as an afternoon snack or an appetizer at your next summertime get together!

- 1 cup plain low-fat yogurt
- 1 tbsp chopped parsley
- 1 tbsp chopped chives
- 2 tsp chili sauce
- 2 cloves garlic, minced
- 1/8 tsp pepper
- 4 artichokes (medium), prepared and cooked

Combine all ingredients except artichokes; blend well. Refrigerate until serving. Serve with cooked artichokes. Makes four servings; one serving is 130 calories.

Source: www.cdc.gov

